

Peter Kirk Community Center

PKCC

experience it!

The Peter Kirk Community Center (PKCC) is committed to providing opportunities for people age 50 and over, to create healthy and rewarding lives for themselves and others.

352 Kirkland Ave, Kirkland 98033 **425.587.3360**

To achieve the goal of promoting wellness of body, mind and spirit, the Community Center offers a wide variety of activities and services. On any given day or evening, you will see people participating in fitness classes, Zumba Gold, Aerobics, Yoga, Ballet, a wide range of art and life-long learning classes, fun special events, inter-generational programs, and van trips. The Community Center also provides a wide range of health, legal and financial services, a nutritional hot lunch four days a week and operates the Meals on Wheels Program, delivering to the homebound in Kirkland.

This drop-in facility offers the opportunity for fun, friendship and socialization in a warm and friendly atmosphere. The support and tremendous amount of volunteer hours makes it possible for the Community Center to offer a wide variety of activities and services.

At this time the Center does not provide respite, adult day care, and/or services that would normally be provided by a trained attendant, nurse or personal caregiver (i.e., incontinence, inability to use the restroom facilities by one's self, or preventing a participant from leaving the grounds of the Center). In addition, the provision of any personal care by staff for a participant is beyond our capability and cannot be expected. Participants in need of personal assistance are encouraged to participate when accompanied by an escort. Older adults with special needs

may be eligible for other community-based programs, such as adult day care (see page 71) or contact Evergreen Care Network at 425.899.3200.

Endorsements

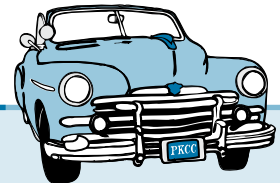
Classes, workshops, services and events offered at the Peter Kirk Community Center are selected for the potential recreational and educational enjoyment of, and benefit to, interested participants. We do not endorse any products or programs that are presented. Individuals are responsible for making their own informed decisions.

Center Hours

Monday – Friday.....8am–5pm

Center Closed
9/2, 11/11, 11/28, 11/29, 12/25, 1/1,
1/20, & 2/17

Center Closed at 12pm: 12/24 & 12/31



Attention PKCC Participant!

If you are at the Peter Kirk Community Center between 8am and 3pm, please see a staff member to obtain a parking permit.

GET MOVING

WITH THE KIRKLAND STEPPERS!

The Kirkland Steppers are continuing their 10th year of fun walking opportunities on Tuesdays (June 7–Sept 25) with a plethora of zany, dedicated walker’s age 50+. Waste no time lacing up your sneakers for an experience only the Steppers can provide.



Becoming a Super Stepper “Club Card” member is simple at the Peter Kirk Community Center. Program details are outlined in the Club Walk Schedule, available at the front desk.



SPECIAL EVENTS		CLUB Member	NON-Member	Registration Number
Sept 10	North Creek Park/ Mill Creek Town Center Lunch on your own	–0–	\$7	38593
Sept 24	“Finish Line” Extravaganza Lunch sponsored by Fairwinds Redmond	–0–	\$7	38594

* WA State sales tax included *

**Thank You Fairwinds Redmond
& EvergreenHealth
for Sponsoring Steppers!**

The Super Stepper “Club Card” Membership has exclusive benefits:

For \$10 you can be a Super Stepper “Club Card” member. Club Membership has its Rewards!

REGISTRATION #38588

- Exclusive Membership Card
- Super Stepper give-aways
- First priority for registration for all Special Events.
- Special Event Walks (registration required)
- Transportation to Special Event walks (registration required – seats are limited)
- Admittance to the “Finish Line” Extravaganza
- Participation in community merchant discounts
- Reward for the highest number of walks attended

Non-Members

- Are encouraged and always WELCOME to join the walkers every week.
- There is a \$7 fee per event for all special walks and parties.
- Registration required for all Special Events and opens 2 weeks prior to event.
- Stepper Club T-Shirt available to purchase for \$15.

EvergreenHealth

**FAIRWINDS
REDMOND**
It's More Than Retirement. It's Five-Star Fun.

Special Events

WELCOME WAGON

Are you new to the area? Never been to the Peter Kirk Community Center and wonder what we do here? Here is your chance to meet staff and learn about all the events, programs and services we offer; extend your tour by staying for lunch if you would like. Thank you to Jane Wernet for leading the tour.

RSVP at 425.587.3360 • Free

Mon	11am	Oct 7	39558
Mon	11am	Jan 6	39559

Baked Potato Bar & Bake Sale

Don't miss this fabulous fund raising event to support future PKCC Advisory Board projects. Enjoy a delicious baked potato bar with all the fixins' served with mountains of fresh salad. Be sure to save room to peruse the many fabulous goodies available at the bake sale.

Everyone welcome!

Advance tickets \$5 • Day of the event \$6

**Thursday at 11:00am
September 26 • #39576**

Please call 425.587.3360
to donate home-baked goods!

HAPPY HAUNTINGS HALLOWEEN COSTUME PARTY

If you're looking for a wickedly good time this party is for you. The fun begins with some hauntingly wonderful entertainment, a fun costume contest and then a fabulous lunch.

Special thanks to Emeritus at Kirkland for providing the spooktacular lunch.

**Advanced registration
required by 10/25! • Cost \$7**

Thur	11am	Oct 31	39577
------	------	--------	-------

Fabulous Fowl Feast

Celebrate Thanksgiving the old fashioned way. Enjoy musical entertainment followed by a traditional turkey meal with all the trimmings.

Special thanks to Fairwinds, Redmond for providing the Thanksgiving feast.

**Advanced registration
required by 11/15! • Cost \$7**

Thur	11am	Nov 21	39564
------	------	--------	-------

13th Annual Holly-Day Brunch

Sit back and relax while members of the Kirkland Youth Council prepare and serve a delicious brunch. Register early, space is limited!

**Advanced registration
required by 12/2! • Free**

Sat	10am	Dec 7	39560
-----	------	-------	-------

HOLIDAY D'LIGHTS

Kick off your holiday season with our annual celebration including festive music and a delicious lunch. This is one party you won't want to miss, guaranteed to get you in the holiday spirit.

Special thanks to Aegis Lodge in Kirkland and Aegis of Kirkland.

**Advanced registration
required by 12/6! • Cost \$7**

Fri	11am	Dec 13	39563
-----	------	--------	-------

Beat the Winter Blues Bunco

Come in out of the cold and kick off the New Year with a Bunco party!

**Advanced registration
required by 1/10! • Cost \$7**

Tue	10am	Jan 14	39561
-----	------	--------	-------

Mardi Gras Party

Masquerade madness is here with all the pomp and fanfare! Join the fun incognito and create a magical illusion with your colorful attire and mask. Tap your toes to the fabulous musical stylings of Night & Day, followed by a lavish lunch.

Special thanks to Madison House for providing the Thanksgiving feast.

**Advanced registration
required by 2/25! • Cost \$7**

Tue	11am	Mar 4	39562
-----	------	-------	-------

Pre-register for all
events and classes.

* All special events include sales tax *

YOU CAN POSITIVELY IMPACT LIVES!

Join the Kirkland Senior Council

Recruitment for new members is underway and is open to adults that live, work or serve the City of Kirkland

What is the Kirkland Senior Council?

Established by the Kirkland City Council in 2002, the Kirkland Senior Council (KSC) is a group of concerned citizens like you, who are dedicated to ensuring that Kirkland is, and remains a safe, vibrant community for residents age 50+. As an advisory group to the City Council, they advocate, support, shape and create programs and services that meet the needs of adults age 50+ in the community.



How does the KSC Work?

Senior Council meetings are the 2nd Tuesday of the month from 5:30–7:30pm at the Peter Kirk Community Center, 352 Kirkland Avenue in downtown Kirkland.

Member terms are three years

Monthly commitment is approximately 6–12 hours. Meetings are 2nd Tuesday of the month, 5:30–7:30pm. For more information call Sharon, 425.587.3322

How can I join the KSC?

Application Packets are available at:
Peter Kirk Community Center, 352
Kirkland Avenue Kirkland WA 98033
And the City's Web Page: www.kirklandwa.gov/seniorcouncil

Please return applications to:

Peter Kirk Community Center
352 Kirkland Avenue
Kirkland, Washington 98033
Attn: Kirkland Senior Council



Arts & Crafts

Beginning Watercolor Workshop

This is for students with no experience or those needing instruction in the basic elements of watercolor painting. This class will cover basic washes, brush strokes, composition, color, values and planning to make a successful painting.

Supply list available at PKCC • Location: PKCC
Instructor: Pat Tuton • Supply fee \$3 • 2 classes
Resident \$22 / Non-Resident \$26

Fri	9:30am–12pm	Sept 13–20	40314
Fri	9:30am–12pm	Jan 10–17	40315

Intermediate Watercolor

Improve your skills in watercolor and study principles of art. Create paintings from photographs, study other artists and paint one still life, with demonstrations by Pat Tuton. For advanced beginners through intermediate.

Supply list available at PKCC • Prerequisite: Beginning Watercolor or Workshop • Location: PKCC
Instructor: Pat Tuton • 5 classes • Supply fee \$3
Resident \$55 / Non-Resident \$66

Fri	9:30–12pm	Oct 4–Nov 1	40313
-----	-----------	-------------	-------

Mixed Watercolor Media Painting

(Intermediate Level) **NEW!**

More artists these days are combining 2 or more different mediums to achieve interesting and unique effects. Learn how to explore, expand and enjoy these techniques while also focusing on basic painting concepts and see how different media interact.

Come prepared to paint! (No oil painting) • Supply list available at PKCC • Prerequisite: Beginning Watercolor or Workshop

Location: PKCC • Instructor: Pat Tuton • 5 classes
Supply fee \$3 • Resident \$55 / Non-Resident \$66

Fri	9:30–12pm	Jan 24–Feb 21	40363
-----	-----------	---------------	-------

Oil Painting

If you can hold a paintbrush, you can discover how to oil paint. Explore composition, color theory, and various paint application techniques. All abilities welcome.

Supply list available at PKCC
Instructor: Danielle Barlow • Location: PKCC
6 classes • No class 11/11 & 2/17
Resident \$46 / Non-Resident \$55

Mon	9:30–11:30am	Sept 9–Oct 14	39785
Mon	9:30–11:30am	Oct 21–Dec 2	39786
Mon	9:30–11:30am	Dec 9–Jan 13	39788
Mon	9:30–11:30am	Jan 27–Mar 10	39789
Mon	9:30–11:30am	Mar 17–Apr 21	39790



Beginning/Intermediate Drawing with Pastels

Learn to use the brilliant glowing colors of pastels to draw creatively, while learning techniques of this versatile medium. This class is designed for beginning and intermediate students. Continuing students should bring a project to work on.

Supply list available at PKCC
Instructor: Louise Arntson • Location: PKCC • 4 classes
Resident \$30 / Non-Resident \$36

Wed	10am–12pm	Oct 2–23	39499
Wed	10am–12pm	Nov 6–27	39500
Wed	10am–12pm	Feb 5–26	39501
Wed	10am–12pm	Mar 5–26	39502

Advanced Drawing with Pastels

Create beautiful scenes through the application of good drawing skills, ideas and special techniques of pastel painting. Prerequisite: Drawing with Pastels for Beginners or prior experience.

Supply list available at PKCC
Instructor: Louise Arntson • Location: PKCC • 4 classes
Resident \$30 / Non-Resident \$36

Wed	1–3pm	Oct 2–23	39503
Wed	1–3pm	Nov 6–27	39504
Wed	1–3pm	Feb 5–26	39505
Wed	1–3pm	Mar 5–26	39506

Open Art Studio

Come paint or draw with other artists. The Peter Kirk Community Center Art Room is available for drop-ins on Tuesday afternoons. Check-in at the front desk. For more information call 425.587.3360.

Will not meet 12/24 & 12/31
Per visit fee: Resident \$3 / Non-Resident \$4

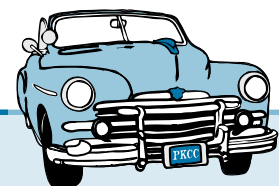
Tue	1–3pm	Ongoing
-----	-------	---------

Needle Craft Group

Have fun, socialize and work on your hand work.

Free

Wed	10am–12pm	Ongoing
-----	-----------	---------



Attention PKCC Participant!

If you are at the Peter Kirk Community Center between 8am and 3pm, please see a staff member to obtain a parking permit.

For Evening Art Classes, see page 46

Stage and Screen

Movie and Popcorn

Join the Peter Kirk Community Center Advisory Board for a movie and popcorn. The Advisory Board has chosen some favorites and new releases to share with you. Everyone is Welcome! Free!

Silver Lining Playbook*	Mon	1pm	Sept 16
Quartet	Mon	1pm	Oct 21
Anna Karenina*	Mon	1pm	Nov 18
42	Mon	1pm	Dec 16
Oz the Great and Powerful	Mon	1pm	Jan 13
The Sapphires	Mon	1pm	Feb 10
The Lone Ranger	Mon	1pm	Mar 17

*Rated R



Video / DVD Movie Checkout

Our movie checkout library has grown. If you have videos or DVD's to donate, please drop them off at the front desk. Movies are available to check out, free of charge, to view either at the Center or at home.

Literary Arts

Mystery Book Club

Participants will select a-book-of-the-month and then meet to share their reading experiences. Join us and bring along your favorite mystery. Everyone welcome!

Group meets the 1st Wednesday of each month, 1–2pm

Armchair Adventures: Slide Shows

Mondays at 10:30am. Free! Everyone is welcome!

Sept 2	CENTER CLOSED	
Sept 9	Costa Rica	Len Steiner
Sept 16	The Earth Part I	Ben Shimbo
Sept 23	NW Territories	Dr. James Monahan
Sept 30	Follow the Water to LA	Ron Nece
Oct 7	Northern Kenya	Len Steiner
Oct 14	The Earth Part II	Ben Shimbo
Oct 21	Fall in New England	Bill Birdsall
Oct 28	Wide World of Sports	Ron Nece
Nov 4	South Kenya	Len Steiner
Nov 11	CENTER CLOSED	
Nov 18	Seas & Ocean Part I	Ben Shimbo
Nov 25	Spain & Portugal	Jim Hoff
Dec 2	Malaysia	Len Steiner
Dec 9	Seas & Ocean Part II	Ben Shimbo
Dec 16	Intrigue on the Mediterranean	Ron Nece
Dec 23	Nashville to Branson Christmas	Bill Birdsall
Dec 30	Trek Up North	Dr. James Monahan
Jan 6	Singapore	Len Steiner
Jan 13	Source of Fresh Water	Ben Shimbo
Jan 20	CENTER CLOSED	
Jan 27	Changes at the Univ. of Wash.	Ron Nece
Feb 3	Maritime Provinces	Bill Birdsall
Feb 10	Central Japan	Len Steiner
Feb 17	CENTER CLOSED	
Feb 24	Cambodia	Dr. James Monahan
Mar 3	Massachusetts & Connecticut	Len Steiner
Mar 10	Washington DC	Bill Birdsall
Mar 17	Niagara Falls & Toronto	Bill Birdsall
Mar 24	The Low Countries	Ron Nece
Mar 31	Antarctic	Dr. James Monahan

Language

Introduction to Spanish

Habla Espanol? Learn to speak, read and write Spanish using basic vocabulary in the present tense.

Yolanda Von Diesl has been teaching language classes for over 25 years and is fluent in Spanish, French, Norwegian, Italian and German.

This class uses "Dos Mundos 6th Edition—please bring book, pen and paper to class.

*Location: PKCC • 5 classes • No class 11/11 & 2/17
Resident \$38 / Non-Resident \$46*

Mon	1:30–3pm	Sept 9–Oct 7	39511
Mon	1:30–3pm	Oct 21–Nov 25	39512
Mon	1:30–3pm	Feb 3–Mar 10	39513
Mon	1:30–3pm	Mar 17–Apr 14	39514

Continuing Spanish

Now that you know the basics, here's the opportunity to expand your vocabulary and increase conversational skills. Yolanda Van Diesl is fluent in 6 foreign languages and has been teaching for over 25 years.

This class uses "Dos Mundos 6th Edition—please bring book, pen and paper to class.

*Location: PKCC • 5 classes • No class 11/13
Resident \$38 / Non-Resident \$46*

Wed	1:30–3pm	Sept 4–Oct 2	39515
Wed	1:30–3pm	Oct 16–Nov 20	39516
Wed	1:30–3pm	Feb 5–Mar 5	39518
Wed	1:30–3pm	Mar 12–Apr 9	39519

Talk Time for Adults

Come practice speaking and listening in English with others at all levels. Class will be organized around a different discussion topic each day. Topics will include: current events, holidays, American culture and more.

For more information call Ty at JFS Refugee & Immigrant Service Center at 425.643.2221

*Location: PKCC • Free
No class 9/2, 11/11, 11/29, 1/20, & 2/17.*

Mon	3–4:30pm	Ongoing
Fri	3–4:30pm	Ongoing

Fitness & Exercise

Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don't have to know how to dance, just know how to have fun! All abilities welcome.

*Wear athletic shoes • Location: PKCC
Instructor: Joan Wilde*

Tuesdays 4 classes

*No class 9/24, 12/24, 12/31 & 3/4
Resident \$35 / Non-Resident \$42*

Tue	10:30–11:30am	Sept 3–Oct 1	39713
Tue	10:30–11:30am	Oct 8–29	39714
Tue	10:30–11:30am	Nov 5–26	39715
Tue	10:30–11:30am	Dec 3–Jan 7	39716
Tue	10:30–11:30am	Jan 14–Feb 4	39720
Tue	10:30–11:30am	Feb 11–Mar 11	39721
Tue	10:30–11:30am	Mar 18–Apr 8	39722

Thursdays 4 classes

*No class 11/21, 11/28 & 1/16
Resident \$35 / Non-Resident \$42*

Thur	10:30–11:30am	Sept 5–26	39717
Thur	10:30–11:30am	Oct 3–24	39718
Thur	10:30–11:30am	Nov 7–Dec 12	39719
Thur	10:30–11:30am	Jan 2–30	39723
Thur	10:30–11:30am	Feb 6–27	39724
Thur	10:30–11:30am	Mar 6–27	39725

Thursdays New Evening Classes!

*4 classes • No class 9/19, 11/21, 11/28 & 1/16
Resident \$35 / Non-Resident \$42*

Thur	6–7pm	Sept 5–Oct 3	39943
Thur	6–7pm	Oct 10–31	39944
Thur	6–7pm	Nov 7–Dec 12	39945
Thur	6–7pm	Jan 2–30	39726
Thur	6–7pm	Feb 6–27	39946
Thur	6–7pm	Mar 6–27	39947

Yoga for Beginners

With 15+ years' experience teaching Yoga, Sally teaches the basics of Yoga. She will introduce postures, breathing and relaxation. When practiced regularly, yoga improves flexibility, muscle tone, posture, balance, breath awareness and the ability to relax and release stress.

*Bring mat or rug • Location: PKCC
Instructor: Sally Rodich*

Mondays 4 classes

*No class 10/21, 10/28, 11/11, 1/20 & 2/17
Resident \$35 / Non-Resident \$42*

Mon	9–10am	Sept 9–30	39760
Mon	9–10am	Oct 7–Nov 18	39761
Mon	9–10am	Nov 25–Dec 16	39762
Mon	9–10am	Jan 6–Feb 3	39767
Mon	9–10am	Feb 10–Mar 10	39768
Mon	9–10am	Mar 17–Apr 7	39769

Wednesdays 4 classes

*No class 10/23, 30, 12/25 & 1/1
Resident \$35 / Non-Resident \$42*

Wed	10–11am	Sept 4–25	39763
Wed	10–11am	Oct 2–Nov 6	39764
Wed	10–11am	Nov 13–Dec 4	39765
Wed	10–11am	Dec 11–Jan 15	39766
Wed	10–11am	Jan 22–Feb 12	39770
Wed	10–11am	Feb 19–Mar 12	39771
Wed	10–11am	Mar 19–Apr 9	40486

Thursdays 4 classes

*No class 10/24, 10/31, 11/21, 11/28, 12/26 & 1/16
Resident \$35 / Non-Resident \$42*

Thur	9:15–10:15am	Sept 5–26	39774
Thur	9:15–10:15am	Oct 3–Nov 7	39775
Thur	9:15–10:15am	Nov 14–Dec 19	39776
Thur	9:15–10:15am	Jan 2–30	39772
Thur	9:15–10:15am	Feb 6–27	39773
Thur	9:15am–10:15am	Mar 6–27	39792



Strength & Tone Aerobics

Join Charlene for this fun and friendly class that incorporates non-jumping, low impact aerobics with weights and mat work. All fitness levels are welcome, work at your pace to move and feel better.

*Bring mat or rug • Location: PKCC
Instructor: Charlene Watson*

15 classes *No class 9/26, 10/31, 11/21, 12/17, 12/19, 12/24, 12/26, 12/31 & 3/4
Resident \$47 / Non-Resident \$56*

Tue	9–10am	Sept 3–Oct 24	40316
Tue	9–10am	Oct 29–Jan 14	40317
Tue	9–10am	Jan 21–Mar 13	40318

4 classes *Resident \$13/ Non-Resident \$16*

Tue	9–10am	Mar 18–27	40319
-----	--------	-----------	-------

Enhance Fitness

This unique, comprehensive program developed by the U of W and Group Health Studies is safe for adults age 50+ with a wide range of physical abilities. Program includes stretching, low-impact aerobics, walking, balance training, strength exercises and motivation.

*Instructor: Gina Casanova • No class 9/2, 11/11, 11/29, 12/13, 12/25, 1/1, 1/20, 2/17
Resident \$47 / Non-Resident \$56*

Lifetime is a covered benefit for persons covered by Medicare Parts A and B and enrolled in a Group Health Medicare + Choice (M+C) plan • Class meets 3 times a week: Mon, Wed and Fri • 15 classes per session • Registration begins 1 week prior to the first class of the session • Call 425.587.3360 for session dates and times.



Fragrance Free Zone

Please refrain from the use of any fragrant personal products while participating in programs and trips.

Thank you for your consideration!

SOFTBALL Recruitment IS IN FULL SWING!

If you are age 55+ and have played softball or simply want to play (no experience required), recruitment for the new 2014 season is underway! The two men's teams, "Moss Bay Hawks", "Kirkland Owls" and the co-ed team, "Kirkland Classics" were all a hit in 2013! After a long winter break, team players are now dusting off their bats to begin practice in March 2014.

**age
55+**

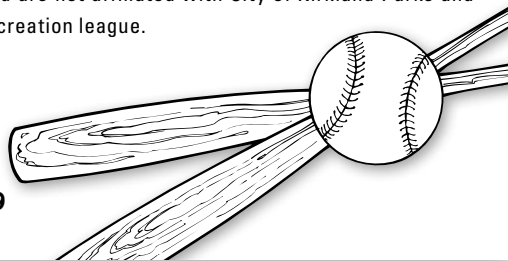
Everyone is gearing up for another fantastic season of league play, May through July. These three recreational teams play in the Puget Sound Senior Softball Association and are not affiliated with City of Kirkland Parks and Community Services recreation league.

CO-ED team info call

PAULA MILLER 425.822.7478

men's teams info call

RICH MIAILOVICH 425.827.1109



Dance

Line Dancing

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. This class includes basic line dancing for the beginner along with more challenging dances for the more advanced dancer. A new dance is taught at every class as well as reviewing previously taught dances. All abilities welcome! Join Joe in this fun and friendly class. No partner needed. This class will not be pro-rated.

Location: PKCC • Instructor: Joe Mraz • 6 classes

No class 9/24, 11/26, 12/24, 12/31 & 3/4

Resident \$30 / Non-Resident \$36

Drop-In Rate Resident \$7 / Non-Resident \$8

Tue	10–11am	Sept 3–Oct 15	39687
Tue	10–11am	Oct 22–Dec 3	39688
Tue	10–11am	Dec 10–Jan 28	39689
Tue	10–11am	Feb 4–Mar 18	39690

Sports

Golf Instruction

Learn to play golf in the comfortable atmosphere of the Redwood Golf Center in Woodinville. A PGA instructor teaches group lessons. Learn basic golf, grip stance, swing, rules and etiquette. By the end of this 4-part series you will be able to play on the golf course. Bring your own clubs or try the Golf Center's demo clubs.

Location: Redwood Golf Center, 13029 Redmond-Woodinville Rd NE, Woodinville • Min 6 / Max 12
4 classes

Sr Resident \$89 / Sr Non-Resident \$99

Non-Sr Resident \$97 / Non-Sr Non-Resident \$119

Fri	10–11am	Sept 6–27	39727
Fri	10–11am	Oct 4–25	39728
Fri	10–11am	Nov 1–22	39729
Fri	10–11am	Dec 6–27	39730
Fri	10–11am	Jan 3–24	39731
Fri	10–11am	Feb 7–28	39732
Fri	10–11am	Mar 7–28	39733

Games

Ping Pong (Table Tennis)

Open to players of all abilities.

Sign up at front desk or call 425.587.3360

Checkers, Chess, Scrabble, Backgammon and Cribbage

Enjoy any one of these games that are available, ask for the playing pieces at the front desk.

Drop in Pinochle

Pinochle is open to players of all abilities. Make new friends and find compatible partners.

Join the fun on Tuesdays at 12:45pm

Drop in Party Bridge

Party Bridge is open to players of all abilities. Make new friends and find compatible partners.

All are welcome to join Thursdays at 11am



Cards

Come use our card rooms for a friendly game; available days and some evenings.

Call 425.587.3360 for more information

Pool

Three tables are available for drop-in pool.

All are welcome to join the fun in our Pool Room

Special Interest



Orchard Mason Bees

Are you interested in learning how to improve the pollination of plants and trees in your yard? Or perhaps you are curious how you could support the environment by hosting non-stinging native bees without any fruit trees in your garden? Come join us as Missy Anderson (alias Queen Bee) from King County Master Gardeners, offers an engaging presentation on Orchard Mason Bees. Learn about the wonderful nature of mason bees, the value they bring to our world, and how easy it is to host them in a nesting box in your back yard. Becoming a successful bee farmer is easy and fun.

*Instructor: Missy Anderson • Location: PKCC
Resident \$10 / Non-Resident \$12*

Sat	10:30am–12pm	Oct 12	39521
Sat	10:30am–12pm	Jan 11	39523

Let's Get Organized! Purposeful Time & Paper Management **NEW!**

Do you feel you are spinning your wheels? Has time and papers gotten the best of you? This two part class will teach you the organizing process and help you create your email and paper system. Also, create a time template to live your most purposeful life.

*Instructor: Denise Allen • Location: PKCC • 2 classes
Resident \$40 / Non-Resident \$48*

Wed	6:30–8:30pm	Oct 9 & 23	39530
Wed	6:30–8:30pm	Jan 8 & 22	39531

Is it a Real Work at Home Job or a Scam?

If you need extra ways to supplement your income but can't figure out what is legitimate, then this class is for you! The first half of this class focuses heavily on the marketing tricks of scammers. You'll learn how to track emails, trace IP addresses and research companies, giving you confidence to recognize scammers from legitimate work. The second part of the class will provide you with over 170 resources on how to make extra income (besides selling your life on eBay), as well as over 140 legitimate companies that hire at-home workers. Basic internet and emails skills required. Course fee includes book with listings, a \$25 value.

*Instructor: Bethany Mooradian • Location: PKCC
Resident \$40 / Non-Resident \$48*

Tue	6–9pm	Oct 15	39524
Mon	6–9pm	Feb 3	39526

Become a Mystery Shopper

Yes, there is such a thing as a free lunch! Companies hire people to make observations on their stores and employees. They need the information to train workers and improve customer service, and the result is that you get to earn money while you shop and eat! Learn who is hiring, what companies expect, how to write a great evaluation, tax reporting, common scams, and how to get started. Basic internet and emails skills required. Course fee includes book with listings, a \$25 value.

*Instructor: Bethany Mooradian • Location: PKCC
Resident \$40 / Non-Resident \$48*

Mon	6–9pm	Oct 28	39527
Thur	6–9pm	Feb 20	39529

Outfit Creation for the Everyday Goddess **NEW!**

Would you love to have help creating outfits from the clothing you already own? In this 4-week class you'll learn not only how to determine your style archetype and how to best dress your Goddess shape, but most importantly how to use what you already own to create multiple outfits! Walk away with tips and tricks on how to add, mix and maximize color, texture and accessories with wardrobe basics. Plus, discover inexpensive ways to build or supplement your wardrobe.

Instructor: Nikol Schwab • 4 classes

Location: PKCC • Resident \$100 / Non-Resident \$120

Tue	6:30–8:30pm	Oct 8–29	40152
Thur	6:30–8:30pm	Feb 6–27	40153

Consignment Shopping for the Everyday Goddess

Wondering why consignment shopping is all the RAGE nowadays? Self-proclaimed Consignment Goddess, Nikol Schwab, shows fellow Goddesses how to use consignment shops to build or supplement a wardrobe for next to nothing! Be inspired by tips on how to maximize your shopping experience and by examples of one-of-a-kind finds! Receive guidance on how to find a favorite consignment shop, tricks on how to turn your couture or donation items into CASH and much more!

*Instructor: Nikol Schwab • Location: PKCC
Resident \$25 / Non-Resident \$30*

Tue	10am–12pm	Sept 17	39781
Sat	10am–12pm	Nov 9	39782
Tue	6:30–8:30pm	Jan 21	39783
Tue	6:30–8:30pm	Mar 4	39784

Money Management Strategies

Do you struggle to get bills paid on time even if you have the money to pay them? Do you have piles of paperwork at tax time? In this class you will learn how to start tracking and organizing your money and paperwork right away to build skills and awareness you need to truly be in control of your finances. The instructor is a certified Financial Recovery Counselor, as well as a therapist and Life Skills coach.

*Instructor: Cynthia Seager • Location: PKCC
Resident \$10 / Non-Resident \$12*

Wed	10am–12pm	Dec 4	40241
-----	-----------	-------	-------

Effective Stress Management: Even in Uncertain Times

Are you feeling chronically worried, tense or stressed out? Have life setbacks or stress been wearing you down and clouding your judgment? No matter what your situation, it IS possible to reclaim greater energy, mental clarity and peace of mind. This class will teach you stress-busters that really work: tools for derailing stress, anxiety and tension. You'll also learn how to replace nagging negative thoughts with more constructive ones that free up your energy and creative resources. Handouts provided.

*Instructor: Cynthia Seager • Location: PKCC
Resident \$17 / Non-Resident \$20*

Wed	10am–12pm	Feb 5	40238
-----	-----------	-------	-------

Be Thinner, Healthier & Happier by Balancing Your Brain Type

Learn lifestyle, diet and exercise tips that help your brain type work better, so your life works better too. Learn specific strategies for balancing mood, improving your self-discipline, focus, and increasing your energy, all based on your brain type. Know your brain type: Amen Brain typing questionnaire will be provided during class. This class material is based on Dr. Daniel Amen's, "Change your brain, change your body" weight management and health improvement program. This introductory class lets you discover your brain type and gives an overview of Dr. Amen's CYBCYB concepts.

The instructor is a therapist and ADD/life skills coach who was a staff therapist, coach and educator for the PNW Amen Clinic for over 5 years.

*Instructor: Cynthia Seager • Location: PKCC
Resident \$17 / Non-Resident \$20*

Fri	10am–12pm	Mar 21	40235
-----	-----------	--------	-------



Computer Classes

- ★ \$5 lab fee per class is collected at time of registration
- ★ If taking a Mac or iPad class participant must provide their own laptop or iPad, no Mac computers are available at PKCC.

MAC CLASSES

Introduction to iPad **NEW!**

Want to learn how to use your iPad to its fullest potential? Then this class is for you! Learn how to use Siri, email, keyboard shortcuts, and the calendar and clock functions as well as how to take pictures and use a photo app. You will also learn how to download apps, books and magazines.

*Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration
Participants must provide their own iPad*

*Sr-Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38*

Fri	8:45–10:45am	Sept 13	39735
Wed	8:45–10:45am	Oct 9	39736
Fri	8:45–10:45am	Jan 17	39737
Fri	8:45–10:45am	Mar 28	39738

Introduction to Mac

For beginners with little or no Mac computer experience. This class covers fundamentals of hardware and software, terminology, operations, keyboard and mouse skills. Learn the difference between word processing, spreadsheet and database software.

*Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration
Participants must provide their own Mac laptop*

*Sr-Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78*

Mon	10am–12pm	Oct 7–28	39701
Wed	10am–12pm	Jan 15–Feb 5	39702

PC CLASSES Computer Basics

Introduction to Computers

For beginners with little or no computer experience. This class covers fundamentals of hardware and software, terminology, operations, keyboard and mouse skills. Learn the difference between word processing, spreadsheet and database software.

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration
No class 1/20

Sr-Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	10am–12pm	Sept 9–30	39746
Mon	10am–12pm	Jan 13–Feb 3	39748
Wed	10am–12pm	Mar 5–26	39749



Microsoft Windows

Introduction to Computers: Windows 8

This beginner class covers fundamentals of hardware and software terminology operations for Windows 8. Learn how to navigate backward and forward with swipes and/or the keyboard or mouse. Learn the difference between word processing and a spreadsheet.

Participants must provide their own laptop with Windows 8

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration

Sr-Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	12:30–2:30pm	Sept 9–30	40157
Mon	12:30–2:30pm	Feb 24–Mar 17	40158

Internet & E-Mail

Facebook Overview

Facebook is ranked as the most used Internet social network. Learn how to set your profile, control who can see your information, find friends, add a friend, block out someone, translate into another language, and write on a friend's wall.

Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45am	Sept 27	39797
Fri	8:45–10:45am	Mar 7	39798

Google/Picasa

Google's free download of Picasa instantly finds and edits all pictures. Basic fixes of crop, remove red eye, fix contrast and color, and enhances photos easily and fast. Quickly sorts all pictures by dates, or file names. Picasa prints wallet size, 4x6, 5x7, or full page photos. Discover all of Picasa's advanced editing made simple.

Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Wed	8:45–10:45am	Oct 23	39779
-----	--------------	--------	-------

Information on the Internet

Search for information on the Internet using search engines, view your home town newspapers, and magazines. Learn how to download Internet files, buy items over the Internet, and use anti-virus programs and firewalls.

Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45am	Mar 14	39799
-----	--------------	--------	-------



Return to Work Series

Build fundamental job-seeking skills in Word and Excel to reenter the workforce.

Return to Work: Excel

Learn to customize the quick access menu, work with multiple worksheets, apply absolute and relative cell references, understand and perform calculations, use a pivot table and create what if worksheets. Sharpen your math skills by building fundamental job-seeking skills in Excel.

Location: PKCC • Instructor: Doris Ford • 4 classes
No class 4/18 • \$5 lab fee per class is collected at time of registration

Sr-Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	12:30–2:30pm	Oct 7–28	39703
Mon	10am–12pm	Feb 24–Mar 17	39704

Return to Work: Word

Learn to set default margins, tabs, fonts, and font sizes, create columns, tables, and add symbols, objects, and clip art. Send an email and attach your resume to a prospective employer. After this class you will know how to mail merge, print envelopes, and create mailing labels. Build fundamental job-seeking skills in Word.

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration • No class 1/20

Sr-Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Wed	10am–12pm	Sept 11–Oct 2	39739
Mon	12:30–2:30pm	Jan 13–Feb 10	39741

Baked Potato Bar AND Bake Sale

Don't miss this **fabulous fund raising event** to support future PKCC Advisory Board projects. Enjoy a delicious baked potato bar with all the fixins' served with mountains of fresh salad. Be sure to save room to peruse the many fabulous goodies available at the bake sale.

Everyone Welcome!

Advance tickets \$5
Day of the event \$6

**Thursday at 11:00am
September 26 • 39576**

**Please call 425.587.3360
to donate home-baked
goods!**



Scanning, Editing & Creating

Organize Your Computer

Learn the structure of folder and files, how to create and arrange folders and files so you can easily retrieve saved material, how to organize, save, and rename them and how to search for lost files and retrieve or delete files from the Recycle Bin.

*Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration*

*Sr-Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38*

Wed	8:45–10:45am	Oct 16	39780
-----	--------------	--------	-------

Getting to Know Your Digital Camera

In this class, work with your own equipment to determine which settings provide the most satisfactory results. Transfer your pictures to the computer, edit and print them.

Prerequisite: Ownership or access to a digital camera with 3.2 or more mega pixels • Bring your camera, extra batteries and your camera/computer connection to class

*Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration*

*Sr-Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38*

Fri	8:45–10:45pm	Sept 20	39800
Fri	8:45–10:45am	Jan 31	39801

Genealogy

Online Genealogy

Learn how to research online and organize it into meaningful groups. Follow the trailblazers of genealogy who have developed time tested ways to stay organized. Download pedigree charts and family group sheets from the internet. Take a detailed tour of excellent web sites that can jumpstart your search for ancestors.

*Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration*

*Sr Resident \$17 / Sr Non-Res \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38*

Wed	8:45–10:45am	Feb 19	39802
-----	--------------	--------	-------

One-on-One Computer Assistance

Baffled by your software program? Uncomfortable asking questions in class? Can't figure out that new digital camera? Need to create a customized database or query? Enjoy one-on-one tutoring with Doris Ford! Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge.

*Resident \$30 / Non-Resident \$36
\$5 lab fee per class is collected at time of registration • Advanced registration required, call 425.587.3360*

Financial

Advanced registration required: 425.587.3360

Coffee, Cash and Conversation **NEW!**

Discuss current events, the economy and investing in a relaxed and informal setting. This is a great way to get your questions answered. Everyone is welcome and the coffee is on us! Presented by Cory Shepard, Financial Advisor with Edward Jones. Advance registration is required, call 425.587.3360.

Free

Fri	10:30–11:30am	Sept 6	40167
Fri	10:30–11:30am	Oct 4	40168
Fri	10:30–11:30am	Nov 1	40169
Fri	10:30–11:30am	Jan 10	40170
Fri	10:30–11:30am	Feb 7	40171
Fri	10:30–11:30am	Mar 7	40172

Financial & Legal Class Policy

The Peter Kirk Community Center offers a variety of financial and legal classes but does not endorse any speaker. Presenters have been asked not to call or solicit any students and to give information only. Our class lists are never given to anyone. We suggest you listen to a variety of presenters before making any financial or legal decisions. This is an educational opportunity only. No marketing is allowed. Report any violations to Betsy Maxwell, Recreation Coordinator. Advance registration is required for all programs. Call 425.587.3360.

Financial Services

Income Tax Assistance

Volunteer Tax Advisors will help you prepare your 2013 tax return.

Appointments are available Fridays from 9am–1pm, Feb 7–Apr 11 • No fee • Appointments required, call 425.587.3360

Attorney General's Consumer Protection Web Page

Contact the Washington State Attorney General's office regarding privacy protection, online complaint forms, and getting off phone solicitor and junk mail lists.

www.atg.wa.gov

Clearpoint Financial Services

(Formerly Solutions Consumer Credit Counseling)

Provides counseling, money management assistance, advice on debt reduction and the wise use of credit.

Call 800.750.2227 or go to www.clearpointfinancialsolutions.org.

Property Tax Benefits Program

To receive a property tax exemption, a taxpayer must be age 61+, own and occupy their residence and have an annual income that does not exceed \$35,000.

To see if you qualify, call 206.296.3920

Social Security

Open 7am–7pm weekdays

Call 1.800.772.1213 or go to www.ssa.gov.

Legal Services

Senior Rights

A volunteer program that provides free information, referral and support on health insurance, legal and consumer issues. They also sponsor the Elderlaw legal clinic with the Washington Bar Association.

For more information call 206.448.5720 or go to www.seniorservices.org/financiallegalprograms/seniorrightsassistance.aspx

Eastside Legal Assistance Program

ELAP provides lawyers to answer your legal questions Fridays, 2–4pm.

No fee • Appointments required • To qualify, call 425.747.7274

Wills Project

Are you worried about being kept on life support against your will? Should your loved ones have to go to court to take care of you? A volunteer attorney through the Eastside Legal Assistance Program (ELAP), a non-profit legal service program, will prepare simple wills, durable power of attorney for health care decisions and living wills. Clients must meet eligibility guidelines.

No fee • Call 425.747.7274

Be a Star in Our Brochure!

Seeking photos from around Kirkland.

Would you like to submit a photo to be considered for use in future Kirkland Parks Guides? Do you have a photo from a Kirkland park or other recognizable Kirkland location, event or class showing the fun you are having in Kirkland? For the photo to be considered it should ideally be 2550 x 3500 pixels. A photographer's release form might be required depending on the photo.

**For questions call Tracy Harrison at 425.587.3352.
Email photos to tharrison@kirklandwa.gov.**



EvergreenHealth

EnhanceWellness Program

Evergreen EnhanceWellness

Get the peer and professional support you need to meet your health goals. Manage a chronic condition; break through your isolation, or just live better day-to-day. Participation in the program is for six months and includes a comprehensive health assessment, a personalized plan and ongoing support.

Tuesdays by appointment • Call 425.587.3360

Evergreen EnhanceWellness Counseling/Consultation

For those needing assistance from a social worker for any concerns or problems, such as health, depression, grief, loss, life transitions, help finding housing or transportation, etc.

Call 425.587.3360. Free

Support Groups

Coffee Hour

Join Roy Mishra, Social Worker at Peter Kirk Community Center for a cup of coffee and lively discussion about health, aging, and current issues. Research shows that positive aging is fostered by good physical and mental health, social interaction, and productive activities. Share your expertise, strengthen your social connections and have fun in this relaxed and informative group. All are welcome and respected

*Monthly, 1st & 3rd Monday, 10am
Call 425.587.3360 Free*

From Heartache to an Open Heart

Everyone must deal with loss, whether it's the loss of a loved one or close friend, a treasured relationship, a loss of physical functioning or previous status. Learn how one can move through the grief process and grow "from heartache to an open heart".

Facilitated by Roy Mishra, MSW • Monthly, 2nd Monday, 1:30-3pm Call 425.587.3360 Free

Thank you EvergreenHealth for your generous support of our Health & Nutrition Classes, Wellness Program, and Kirkland Steppers!

PEARLS Counseling

- > Depression affects up to 20% of older adults.
- > Depression affects your health and quality of life.
- > Depression is not a normal part of aging.

PEARLS is an evidenced-based depression management program for mild depression or dysthymia (chronic depression). The program combines problem solving treatment, social and physical activity, and pleasant activity scheduling to manage symptoms of depression.

All this is done with a trained PEARLS counselor.

In the past two weeks,

- > Have you had little interest or pleasure in doing things?
- > Have you been feeling down, sad, or hopeless?

If you answered yes to one of the above questions, then PEARLS may be a program for you.

Contact Roy Mishra, MSW to schedule an appointment
425.286.1047

Health & Nutrition

To Register for
EvergreenHealth Classes
call 425.899.3000 & Press 1

Are Your Affairs in Order

A realistic look at what legal documents are needed for peace of mind in the event of a serious injury or death. Topics covered will be durable power of attorney, health care surrogate, living wills, disability programs, wills, nomination of guardian and trusts.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Sept 6

Arthritis Pain Management

Essential information for arthritis sufferers on exercise, medication and medical treatments that help manage arthritis with less pain and restriction of movement.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Sept 13

Superfoods **NEW!**

Learn specific nutritional powerhouses that support the body and enhance the immune system to help prevent disease, as well as how to implement them into your diet.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Sept 20

Medicare: Are You Covered?

Learn more about supplemental insurance options and the various programs that can help income-eligible persons reduce Medicare related costs. Get the facts about your Medicare choices, so you can save money on health care coverage costs.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Sept 27



Matter of Balance

If you have fallen or are afraid you may do so, this class is for you! This 8-week program will change your thinking and will allow you to practice easy exercises to increase flexibility, strength and safety.

Free

Tue 1–3pm Oct 1–Nov 19 40161

First Aid **NEW!**

Learn basic first aid for cuts and scrapes, bites and bruises and appropriate first response for emergencies.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Oct 4

Life Line Screening Preventive Health Event

Stroke is the third leading cause of death in the United States, and this catastrophic event can strike without warning. In fact over half of all stroke victims showed no signs prior to the attack. But strokes can be stopped in their tracks.

In Just 10 Minutes...You Can Reduce Your Risk of Stroke

Friday, Oct 4, 2013

Take advantage of this potentially lifesaving event. Appointments required.
Call 1.888.683.4068

Antibiotics and the Immune System

As the use of antibiotics grows, so do their effects on the resilience of bacteria and your body's natural ability to fight illness. Increase your understanding of how antibiotics work, their benefits, side effects and what you can do to keep your immune system working for you.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Oct 11

Healthier Smile, Healthier You **NEW!**

Learn about the importance of oral health to total health. Information on tooth decay, nutrition and gum disease and how they relate to heart disease, stroke and pneumonia will be covered.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Oct 18

See page 69 for information about our visiting dental hygienist!

Holiday Cooking: Quick and Delicious

This class will include recipes and tips to make delicious and nutritious holiday meals. Have fun while learning how the typical diet affects health.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Oct 25

Age 50+

Cholesterol / Diabetic Screen

Screening will include fasting, full panel cholesterol test and glucose. Results will be given before you go home! Limit 24 participants, must register for time slot.

Sponsored by EvergreenHealth • Free

Fri 8:30–10:30am Nov 1

Relax & Renew **NEW!**

Experience how meditation and visualization can give you a break in your day from stress and worry. Learn how to renew your energy and spirit by focusing on the present moment.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Nov 8

Upset Stomach: A Naturopathic Approach

Take a closer look at common digestive problems such as constipation, diverticulosis and hiatal hernia. Find out why they increase with age and how you can calm an upset stomach.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Nov 15

Fraud Fighters **NEW!**

Whether through the mailbox, the telephone, or the Internet, criminals are finding creative ways into people's homes. Half of those victims are age 50 and older. Being able to recognize consumer scams can reduce the likelihood of being victimized by more than 50 percent. Learn how to protect yourself!

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Nov 22

**To Register for
EvergreenHealth Classes
call 425.899.3000 & Press**

Gut & Brain Connections **NEW!**

Understand how inflammation in your gut, allergens from food, and bad bacteria may not only affect your GI, but also alter your mood. We'll discuss diet, lifestyle and food choices to make a happier overall gut that will also bring joy to your GI.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Dec 6

Hypothermia **NEW!**

Brrr, it's cold out there! Learn the dangers that cold temperatures can cause, especially for those with chronic illness.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Dec 13

What's in Your Medicine Cabinet

Does your medicine cabinet look more like an episode from Hoarders? A pharmacist will take you down a light-hearted but informative path to making your medicine cabinet your friend again. Plenty of opportunity for audience participation as well as valuable tips on storing your prescription and over-the-counter medications.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Dec 20



EvergreenHealth classes for 2014 are under construction

**Please stay tuned
for more details.
Call 425.587.3360
with questions.**

**Thank you for
your patience.**



Chronic Disease Self-Management

This workshop, developed by Stanford University's Patient Education Department, is designed to help individuals who have an ongoing condition (such as diabetes, asthma, heart disease, chronic pain, arthritis, and hypertension) improve the quality of their lives.

Learn to reduce stress and frustration, manage symptoms, set weekly goals, problem-solve effectively, improve communication, relax, handle difficult emotions, eat well, and exercise safely.

Past participants report feeling an increase in their confidence and motivation needed to manage the challenges of living with a chronic health condition. Family members, friends and caregivers can also participate.

Free

For more information and to register, call 425.587.3360

Tue 1–3pm Feb 4–Mar 11 40162

Health Services

Oral Health Care

Affordable teeth and denture cleaning for adults age 50 + provided by Healthy Smiles Inc on the first Tuesday of the month. Dental hygiene services include cleaning, oral cancer screening and fluoride treatment for \$77. Denture cleaning also available for \$10. This is a special program approved by the WA State Legislature. Patients must complete preliminary paperwork and be 50 years or older.

For appointments and more information, call 425.587.3360

Foot Care

Foot care service is provided by a nurse on Wednesdays. Fee \$25.

For appointments, call 425.587.3368 between 9am and 3pm on Wednesdays.

Meals on Wheels Program

Nutritional frozen meals are available for the homebound. Liquid supplements available.

For info call 425.587.3360.

Lunch Nutrition Program

Nutritious meals served at 12pm, Mon, Tues., Wed and Friday. Check-in is first come, first served starting at 11am.

Lunch is \$3 donation for persons 60+ • All others \$6

Statewide Health Insurance Benefits Advisor (SHIBA)

Understanding insurance benefits can be difficult. A trained volunteer from SHIBA will be available the third Monday of each month to meet with you privately to answer questions about Medicare (billing procedures), Medicare Part D, health insurance and long term care insurance.

Appointments required, call 425.587.3360

Widowed Information & Consultation Services

WICS offers group support to men and women who are coping with the death of a spouse/partner.

Call 206.241.5650 or go to www.kcwics.org

Community Resources

Senior Information & Assistance

Information and referral on a wide variety of senior related issues.

Call 206.448.3110 or go to www.seniorservices.org

Bridge Ministries for Disability Concerns

Services for persons with disabilities. Free used durable medical equipment, guardianship services and consultation.

Call 425.885.1006 or go to www.bridgemin.org

Evergreen Care Network

Helps older adults remain independent.

Call 425.899.3200 or go to www.evergreenhospital.org/for_patients/medical_services/evergreen_care_network

Overlake Senior Care Connections

Services, resources and information for seniors.

Call 425.688.5800
www.overlakehospital.org/services/senior-care

AARP Area Office

American Association of Retired Persons.

Call 1.866.663.3291 or go to www.aarp.org/states/wa

Benefits Check Online

www.BenefitsCheckUp.org is the first of its kind, web-based service designed to help seniors and their families and caregivers find the right benefits programs to meet their needs. A fast, free and confidential screening tool to determine eligibility for nearly 1,000 unique state and federal programs. Now, consumers can find out what their options are under the new Medicare plans.

Adult Day Centers

These certified centers provide safe, well-supervised therapeutic, activities, programs and services for adults with cognitive and/or physical disabilities. For more information call:

Northshore Adult Day Center 425.488.4821
Elder & Adult Day Services..... 425.867.1799

Respite Care Program

King County can provide Respite services to caregivers in need of a break from the demands of care giving for someone who is chronically ill or disabled. Goods and services can be purchased for functionally impaired older adults with funds through Seattle-King County Aging and Disability "Client Specific Program".

For more information call Senior Information & Assistance 206.448.3110 or Evergreen Care Network 425.899.3200.

Respite Care Services on the Eastside

In-home respite care provided by volunteers is available to help with care giving on a short-term basis.

Evergreen Community Home Health & Hospice 425.899.3300
Eastside Friends of Seniors 425.369.9120
Volunteer Chore Services
(Catholic Comm. Svcs.) 206.328.5787
Jewish Family Services..... 206.461.3240

Age 50+

Volunteer Opportunities

Center Volunteer Opportunities

The Center's continued success is directly related to our hard-working and dedicated corps of volunteers. Currently, there are a variety of volunteer opportunities at the Center, they include:

• *Delivering Meals on Wheels to homebound seniors in Kirkland* • *Preparing lunches* • *Dishwashing* • *Slide show presenter, share your travels*

For more information call Julie at 425.587.3012.

Employment

Employment Service

Low income seniors looking for part-time work.

Call Senior Employment Service/AARP, 206.624.6698 or go to www.aarpworksearch.org

Employment Resource Center

This service provides assistance to people 55+ seeking an opportunity for employment. Co-sponsored by the Seattle Mayor's Office for Senior Citizens.

For more information, call 206.684.0500 or go to www.cityofseattle.net/humanservices/seniorsdisabled/mosc/employment.htm



Driver Training

AARP — 55 Alive Driving Course

This driver training course takes into consideration physical changes of the mature driver and identifies ways one may compensate for these changes. The course also provides information that may improve your driving behavior. Insurance rate reduction for seniors taking this course.

Fee \$12 for AARP members / \$14 for non-members, please bring AARP membership card to class
Make checks payable to AARP on the first day of class
• To register call 425.587.3360

Wed & Thur	12:30–4:30pm	Sept 25 & 26	40442
Wed & Thur	12:30–4:30pm	Nov 6 & 7	40443
Wed & Thur	12:30–4:30pm	Jan 8 & 9	40444
Wed & Thur	12:30–4:30pm	Mar 5 & 6	40445

Chinese, Latino & South Asia Services

Educational & Recreational Programs Accessible to Chinese & Latino Seniors

Programs and services available to all seniors are now more easily accessible to Chinese and Latino seniors at the Peter Kirk Community Center. Through the presence of a bilingual staff worker, they have the opportunity to participate in social, recreational and educational activities and daily hot lunch. Traditional program components such as outreach and advocacy are also provided.

CHINESE SERVICES—TUESDAYS

For more information call Bolivar at the Chinese Information & Services Center, 206.624.5633, ext 4140.

Mandarin Support Group

Share daily experiences with others. Facilitated in Mandarin/Cantonese language. New topic each month. Free

Tue 11:15–12:15pm Ongoing

E.S.L. for Chinese Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited, or no English. Free

Tue 1–3pm Ongoing

LATINO SERVICES – WEDNESDAYS

For more information call Clemencia Robayo at Sea Mar Community Health Center, 206.764.8044.

Strategy for a Healthy Longevity (in Spanish)

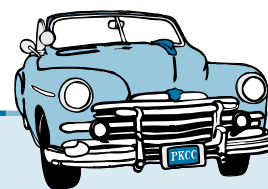
Learn how to improve your health and slow the aging process. Key elements that will enhance quality of life and advance your well-being will be discussed. Free

Monthly 10–11:45 am 1st Wednesday

E.S.L. for Latino Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited or no English. Free

Wed 12:45–2pm Ongoing



Attention PKCC Participant!

If you are at the Peter Kirk Community Center between 8am and 3pm, please see a staff member to obtain a parking permit.

Transportation

Travel Ambassadors

Want to go to the store, library and other destinations without driving? Talk to a certified Community Travel Ambassador about where you want to go and get help planning your trip. It's easy and FREE!

Wed	9–11am	Sept 4
Wed	9–11am	Oct 2
Wed	9–11am	Nov 6
Wed	9–11am	Dec 4
Wed	9–11am	Jan 8
Wed	9–11am	Feb 5
Wed	9–11am	Mar 5

Metro Bus ID NEW DAY!

Reduced fare passes for ages 65+ and disabled, Fee \$3

Thur	10–11am	Oct 17
Thur	10–11am	Dec 19
Thur	10–11am	Feb 20

Access

Transportation to appointments, grocery shopping and the Community Senior Center.

To schedule, call 206.205.5000 or toll free 1.866.205.5001.

Volunteer Transportation for Seniors

Personal transportation to medical and other essential appointments.

For rides or to be a volunteer driver, call 206.448.5740 or toll free 1.800.282.5815 or go to www.seniorservices.org.

METRO Information

24-Hour Rider Information.

Call 206.553.3000 or toll free, 1.800.542.7876. TTY: 206.684.1739.

HOPELINK

Transportation to medical appointments for individuals with Medicaid coupons.

Call 1.800.923.7433 or go to www.hope-link.org/get-help/transportation

Daily Van Transportation

The Center's van is operated by the Northshore Senior Center Monday–Friday. Transportation to and from the Center is for city residents only. Participants must be Access eligible to participate in this program. Please call 425.587.3363 for more information about this program or to reserve a ride, no later than 5pm the previous day.

Suggested donation of \$2.00 each way.

Attention Van Riders!

All riders must be Access eligible to participate in the transportation program. If you need help with your Access application, Mari is available to offer you assistance.

Please call 425.587.3363 to set up an appointment or if you have any questions.

Share a Ride & Meet a New Friend

Do you drive to the Peter Kirk Community Center for lunch or other activities? Are you available to provide a ride for an older adult who needs transportation? As a volunteer, drive your vehicle and choose the days you are available. Through Senior Services Volunteer Transportation Program you receive reimbursement for mileage and supplemental liability insurance.

For more information, call 206.448.5740

Grocery Shopping

The Northshore Senior Center provides weekly transportation to and from local grocery stores. Shopping times are determined by the geographical location of your home.

To receive a schedule or make an appointment, call 425.587.3363

Wed	Sept 4	Fred Meyer
Wed	Sept 11	Safeway
Wed	Sept 18	QFC
Wed	Sept 23	Bridle Trails
Thur	Oct 3	Fred Meyer
Wed	Oct 9	Safeway
Wed	Oct 16	QFC
Wed	Oct 23	Bridle Trails
Wed	Oct 30	Fred Meyer
Wed	Nov 6	Safeway
Thur	Nov 14	QFC
Wed	Nov 20	Bridle Trails
Wed	Nov 27	Fred Meyer
Wed	Dec 4	Safeway
Wed	Dec 11	QFC
Wed	Dec 18	Bridle Trails
Thur	Jan 2	Fred Meyer
Thur	Jan 9	Safeway
Wed	Jan 15	QFC
Wed	Jan 22	Bridle Trails
Wed	Jan 29	Fred Meyer
Wed	Feb 5	Safeway
Wed	Feb 12	QFC
Wed	Feb 19	Bridle Trails
Wed	Feb 26	Fred Meyer
Wed	Mar 5	Safeway
Wed	Mar 12	QFC
Wed	Mar 19	Bridle Trails
Wed	Mar 26	Fred Meyer



Van Trip Planning Meeting

Have you ever thought someplace would make a great van trip? Here is your chance to give your input! Please join us for a brainstorming and planning meeting for Spring/Summer 2014 van trips.

**Thursday, April 18
10:00am at the Center**

*** All trips include sales tax ***

Shops & Slots

Tuesday 10am–4pm
Resident \$21 / Non-Resident \$25
Bring lunch \$

North Bend Outlet Mall & Snoqualmie Casino	Oct 22	39548
Seattle Premium Outlet Mall & Tulalip Casino	Mar 25	39549

Olympia Farmer's Market & Terrace Falls Restaurant

Thur., Sept 5 39574 9am–4:15pm
Resident \$24 / Non-Resident \$29
Bring lunch \$

NEW! Explore this large Farmer's Market offering organic produce, local crafts, baked goods, meats, seafood, dairy products, and plants. After working up an appetite relax and enjoy lunch at a local favorite, the Terrace Falls Restaurant, overlooking the beautiful Tumwater Falls.

Out For Lunch Bunch **ALL NEW LOCATIONS!**

Tuesdays/Thursdays • 11am–2pm • Resident \$13 / Non-Resident \$15 • Bring lunch \$

Sky City (Space Needle)	Thur Sept 19	The entire restaurant moves 360 degrees allowing you to take in each course of the city as you take in each delicious course of your meal. The elevator ride and O Deck are included.	39550
Lombardi's	Thur Oct 17	Located on the scenic waterfront in Everett, Lombardi's is the Northwest's take on modern Italian cuisine.	39551
Indigo Kitchen & Ale House	Tue Nov 19	Enjoy some delicious comfort food, salads, sandwiches, decadent desserts, 20 draft beers and a wide variety of house and classic cocktails. (Located in Lynnwood)	39552
Lot No. 3	Thur Dec 19	Specializes in salads, sandwiches and yummy comfort food. (Located in Bellevue)	39553
Matt's Rotisserie	Thur Jan 16	Featuring cuisine ranging from passionate simplicity to inspired innovation, Matt's is known for their steaks, seafood, oysters and signature cocktails. (Located in Redmond)	39554
Angelo's	Thur Feb 20	Serving rustic and contemporary Italian cuisine on the Eastside for over 36 year. (Located in Bellevue)	39555
The Irishmen	Thur March 20	Since 2007, the Irishmen has remained Everett's only authentic Irish Pub serving Genuine Irish dishes and, of course, the Irish Classic Guinness.	39556

The Bloedel Reserve

Thur., Sept 12 39566 7:30am–4:30pm
Resident \$41 / Non-Resident \$47
Bring Lunch \$

Enjoy a guided tour of this award winning public garden located on Bainbridge Island. The Reserve's 150 acres are a unique blend of natural woodlands and beautifully landscaped gardens, including a Japanese Garden, a Moss Garden, a Reflection Pool and the Bloedels' former estate home. Stop at the Harbour Public House for a bite to eat before boarding the ferry for your trip home.

Pike Place Market & Etta's Restaurant

Thur, Sept 26 39567 11am–4pm
Resident \$19 / Non-Resident \$23
Bring Lunch \$

NEW! Tom Douglas opened Etta's just half a block from the Pike Place market in 1995. At Etta's you will find the best fish & chips and Tom's famous crab cakes. While dining, you can watch out the large plate glass windows at the country's oldest continuous Farmers Market before walking down to the action yourself after lunch.

Taproot Theatre: The Matchmaker **NEW!**

Wed., Oct 2 39568 12:30–5:30pm
Resident \$34 / Non-Resident \$38

Thornton Wilder's hit comedy about love, money and the love of money has matchmaking busybody Dolly Levi brokering true love for a wealthy businessman. Unlikely circumstances and hilarious complications bring surprises at every corner in this play that inspired Hello Dolly.

Future of Flight Aviation Center & Boeing Tour **NEW!**

Thur, Oct 10 39569 7:30am–3:30pm
Resident \$44 / Non-Resident \$49
Bring lunch \$

Start off the day with a 90-minute guided tour of the world's largest building by volume, the Everett Boeing Plant. Here is your chance to see airplanes actually being built for Boeing's worldwide base of airline customers. Then you are off to the Future of Flight Aviation Center to experience the marvel of commercial jet aviation and production in this unique interactive facility. Enjoy lunch at Ivar's Mukilteo Landing.

Must sign up by 9/26 to secure reservations.
PLEASE NOTE: This trip involves stairs and a lot of walking.

Snohomish / Craven Farms

Tues., Oct 29 39565 10am–4pm
Resident \$19 / Non-Resident \$23
Bring lunch \$

NEW! Enjoy the fall weather while browsing the shops in old downtown Snohomish. Enjoy lunch on your own at one of the nearby restaurants before taking a scenic country drive into the Snohomish Valley to Craven Farms. Known as Snohomish's first pumpkin patch, their Harvest Festival has been delighting families for more than 31 years. Have fun taking a tractor pulled hay ride, visiting the farm animals, or browsing the gift shops.



MOHAI **NEW!**

Thur, Nov 7 39570 10am–3pm
Resident \$16 / Non-Resident \$19
Bring Lunch \$

The new Museum of History and Industry on Lake Union is now opened and ready to be explored. Here is the perfect opportunity to discover the rich history of the Pacific Northwest. Enjoy lunch on your own at the Compass Café.

Panama Hotel & Goodwill **NEW!**

Wed, Nov 13 39571 10am–3pm
Resident \$16 / Non-Resident \$19
Bring Lunch \$

Work up your appetite searching for good deals at the Seattle Goodwill where you will receive a senior discount on your purchases. Then head over to the Panama Hotel for a bite to eat. After lunch enjoy a guided tour of the only remaining public Japanese Bathhouse that is still intact in the United States.

Issaquah Reindeer Festival

Thur, Dec 5 39572 11am–5pm
Resident \$33 / Non-Resident \$37
Bring Lunch \$

Start off this festive day with lunch at the Coho Café. After lunch, head up to the Cougar Mountain Zoo to take part in the most unique annual holiday celebration in the Northwest, the Reindeer Festival.

Georgian Tea at the Fairmont Olympic

Thur, Dec 12 39573 12:15–4:15pm
Resident \$18 / Non-Resident \$22
Bring \$39 + tax+ gratuity for tea
(CASH ONLY PLEASE)

Enjoy a traditional afternoon tea at the elegant Georgian restaurant located in Downtown Seattle. Listed on the National Register of Historic Places, The Fairmont Olympic Hotel has been a landmark in the Northwest since opening in 1924.

Last Resort Department Museum **NEW!**

Wed, Jan 8 39575 10:30am–3pm
Resident \$15 / Non-Resident \$18
Bring lunch \$

In 2008 a new fire museum was created in Seattle when the Last Resort Fire Department moved a portion of its collection into what still remains Seattle Fire Department Headquarters and home to the on-duty chief and staff in the heart of Pioneer Square. After exploring this unique museum lunch will be at a nearby restaurant.



Port of Tacoma Tour **NEW!**

Thur., Jan 23 39950 8:30am–3:15pm
Resident \$22 / Non-Resident \$26
Bring lunch \$

Curious about what goes on at the Port of Tacoma? Here's your chance to get a behind the scenes 75 minute guided bus tour. Afterwards, enjoy lunch at Stanley & Seaforts.



Ikea

Thur, Jan 30 39948 10am–1:30pm
Resident \$15/ Non-Resident \$18
Bring lunch \$

Shop for household items and feast on Swedish meatballs.

Asian Art Museum & Uwajimaya

Fri., Feb 7 40164 9:30am–3pm
Resident \$19 / Non-Resident \$23
Bring lunch \$

Before venturing to lunch at the Uwajimaya Village Food Court in the International District explore the Seattle Asian Art Museum located in Volunteer Park.

Mystery Trip **NEW!**

Thur, Feb 13 40163 9:30am–3pm
Resident \$18 / Non-Resident \$22
Bring lunch \$

This trip will definitely add some sparkle and shine to the mid-winter blues.

Issaquah Depot Museum & Gillman Village **NEW!**

Fri, Feb 28 40166 10am–3:30pm
Resident \$18 / Non-Resident \$22
Bring lunch \$

Begin the day at Gillman Village browsing the shops and eating lunch on your own at one of the nearby restaurants. Then in the afternoon explore the Issaquah Depot Museum, don't miss out on the railroad cars and outdoor exhibits.

Dine Around Seattle Prix Fixe Lunch

Thur, Mar 6 39949 11am–2pm
Resident \$15 / Non-Resident \$18
Bring \$15 + tax+ gratuity for lunch
(CASH ONLY PLEASE)

Back by popular demand, this trip is sure to sell out fast! Dine Around Seattle gives diners a great chance to try out some of the best restaurants in the area for a great deal. Restaurant and location will be announced one week prior to trip. Beverages are not included in lunch price.

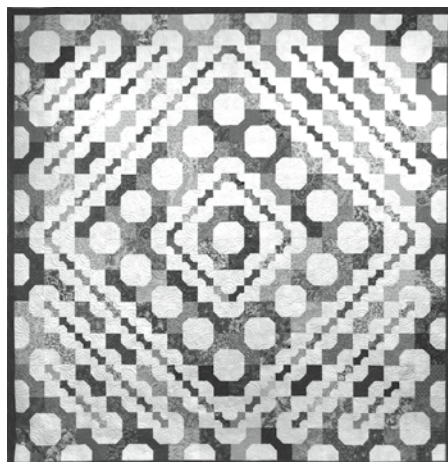


Photo courtesy of Judy Smith

Quilter's Anonymous Quilt Show **NEW!**

Fri, Mar 14 40459 11am–4pm
Resident \$17 / Non-Resident \$20
Bring lunch \$+ \$7 admission for quilt show

Venture to the Monroe Fairgrounds to the 33rd Annual Quilter's Anonymous Quilt Show. Enjoy looking at over 500 different quilts, free demonstrations, workshops and vendors. Be sure to work up your appetite because next it's off to Sockeye's for a late lunch.



Fragrance Free Zone

Please refrain from the use of any fragrant personal products while participating in programs and trips.

Thank you for your consideration!

Van Trip Registration & Policy

1. Cancellations requested more than one week prior to the Van Trip are subject to a \$10 processing fee. Cancellations requested less than one week prior to the Van Trip receive a 50% credit on the account, less a \$10 administrative fee. Cancellations requested Van Trip day receive no refund or credit.
2. Pre-purchased tickets are non-refundable. This includes all special events. (Theater, movies, cruises, etc.)
3. All van trips depart promptly from the west side of the Peter Kirk Community Center. Please arrive 10 minutes prior to scheduled departure, as no refunds will be issued for missed rides.
4. Van trip return times are estimated and may vary depending on traffic, etc.
5. Home pick-up and take-home is available for Kirkland residents who live within the City limits, if requested in advance. A donation of \$2.00 each way is suggested. To request home pick-up, call 425.587.3363 no more than 2 weeks before the trip and no later than 24 hours in advance. Driver will call one day before the trip with your pick-up time. All others meet the bus at the Center.
6. Trip participants must be independently mobile or accompanied by a caregiver on all van trips. Caregivers must register and pay the same applicable van and admission fees. Wheelchair space is limited. If you require wheelchair or walker accommodations, please specify at time of registration.